

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1, 5, & 9	Beef burger pasta with mixed vegetables	Vegetable and legume soup served with toast soldiers	Chicken and vegetable risotto	Beef and vegetable quesadilla	Mexican rice with mince and vegetables
Vegie option	Falafel burger pasta with mixed vegetables	Vegetable and legume soup served with toast soldiers	Tofu and vegetable risotto	Mixed bean and vegetable quesadilla	Mexican rice with vegetables
Week 2, 6, & 10	Fish with rice and mixed vegetables	Beef and vegetable pizza topped with cheese	Beef sloppy joe orzo with vegetables	Sandwich selection -Cheese - Vegemite and cheese - Assorted spreads	Beef and mixed vegetable pasta
Vegie option	Vegetarian Shepherd's fried rice with loaded vegetables	Vegetable pasta topped with cheese	Tofu and vegetable fried rice	Tacos with corn, beans, lettuce tomato salsa and cheese	Lentil and vegetable soup with toast soldiers
Week 3 & 7	Mexican rice with mince and vegetables	Chicken and vegetable risotto	Beef and vegetable quesadilla	Vegetable and legume soup served with toast soldiers	Beef burger pasta with mixed vegetables
Vegie option	Mexican rice with vegetables	Tofu and vegetable risotto	Mixed bean and vegetable quesadilla	Sweet potato and legume soup served with toast soldiers	Falafel burger pasta with mixed vegetables
Week 4 & 8	Beef and mixed vegetable pasta	Sandwich selection -Cheese - Vegemite and cheese - Assorted spreads	Fish with rice and mixed vegetables	Beef and vegetable pizza topped with cheese	Beef sloppy joe risoni with vegetables
Vegie option	Lentil and mixed vegetable pasta	Sandwich selection -Cheese - Vegemite and cheese - Assorted spreads	Tofu with rice and mixed vegetables	Vegetable pizza topped with cheese	Vegetable sloppy joe risoni

Please note any allergies when placing order. **Morning/Afternoon Tea is NOT included.** Lunch is served with a piece of fruit.

As much as possible this menu will be adhered to but may change at short notice due to the availability of produce.



**BRIGHT STAR
CAFE**



ANGLICARE
NSW SOUTH | NSW WEST | ACT

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